



PUMPKIN DEVEILED EGGS

By Dr. Cindy Tazar
(Standard)

Here is another spin on eggs that you probably never thought of.
This recipe makes 4 servings and covers your protein and fat at your meal.



INGREDIENTS

- 12 pastured eggs
- 5 Tbsp canned pumpkin (not pie mix)
- 3 Tbsp Primal Kitchen or GHS mayo
- 1 Tbsp Dijon mustard
- 2 tsp lemon juice
- 1 tsp regular or smoked paprika
- Pink Himalayan salt & black pepper, to taste
- Fresh chives or parsley for pumpkin stems



DIRECTIONS

Set eggs out to room temp. Place in a pot and cover with water. Bring to a boil, then cover slightly and simmer for 15 minutes.

Fill a large bowl with cold water and ice. Scoop the eggs out of the pan and into the ice bath to sit for 2-3 minutes.

Peel the eggs right away. Cut them in half, placing the egg yolks into a mixing bowl and the egg whites on a tray.

Add the pumpkin, mayo, Dijon mustard, lemon juice, paprika, salt and pepper to the egg yolks. Mix until well combined. If the mixture is too thick, you can add more mayo.

Scoop enough pumpkin mixture into each egg white to make a round “pumpkin.” Using a toothpick, gently drag it through the mixture to make lines or place the toothpick flat in the mixture and twirl it to make a line, then slide the toothpick out. Place a piece of chive or parsley at the top of each “pumpkin” to resemble a stem. Keep refrigerated.